



## Springdale Senior Activity & Wellness Center • January 2020 • Newsletter

### Address:

203 Park Street  
Springdale, AR 72764

**Phone:** (479) 751-1521

### Director:

Lori Proud

### Program Assistant:

Rhonda Wolfe

### Hours of Operations:

Monday-Thursday

8:00am-4:00pm

Friday

8:00am-2:00pm

Lunch served Mon-Fri

11:30-12:30

Dinner Served Thursdays

5:00pm-5:30pm

**Join us for...FOOD,  
FELLOWSHIP  
and FUN!!!**

**Lines from Lori:** Oh, the weather outside may be frightful but Springdale Senior Center is always delightful...What did you do before you started coming to the Center? Do you have friends who need something to pass the time? How about delivering them a copy of the newsletter? It is sad that there are Seniors sitting at home and missing out when we have so much fun here. There's always something to do, and, first time visitors ALWAYS receive a complimentary lunch! Please do what you can to help us reach these Seniors!!!

**For the new year we wish you joy, happiness, peace, and a good BINGO card!**

### 2020 Lunch Prices...

**60 and over \$4.00 at Center**

**Under 60 \$6.00**

**Meals on Wheels \$4.00**

# Silver Sneaker Exercise Classes

Are you ready to try Silver Sneakers Exercise Classes???

## Monday

Weight Machines 12:30 p.m. /

Silver Sneakers 1:00 p.m. / Circuit 2:00 p.m.

## Tuesday

Boom Move 8:45 a.m. / Silver Sneakers 9:45 a.m./ Yoga 10:45 a.m. /

Tai Chi 12:30 p.m.

## Wednesday

Weight Machines 12:30 p.m. /

Silver Sneakers 1:00 p.m. / Circuit 2:00 p.m.

## Thursday

9:15 a.m. Weight Machines / Circuit 9:45 a.m. / Silver Sneakers 10:45 a.m. / Yoga 11:30 a.m.

**Not Sure what works for you?...Come 5 minutes before a class and talk one on one with Cindy and she will hook you up!**

## Exercise Class Descriptions...

**Weight Machines:** Enjoy fun conversation and resistance machines.

**Silver Sneakers:** Basic low intensity workout with fun music, hand weights and resistance bands. This class is performed seated and/or standing and is for anyone and everyone.

**Circuit:** Moderate intensity cardio with intermittent weight bearing exercise. This class is performed in a standing position.

**Boom Move:** Dance based, upbeat tempo exercise for active adults. Lively music and upbeat footwork.

**Yoga:** Slow-paced stretching and flexibility focusing on balance , agility and core strength.

**Tai Chi for Arthritis:** Helps to improve arthritis while focusing on a broad range of physical impairments. Increases mobility, flexibility & reduces pain & stiffness.

**Wednesday's**

**Crochet for everyone...**

**Bring a project you are  
working on or come  
learn and we will have  
supplies for you.**

**1:00pm**

**Line dance  
lessons each**

**Wednesday**

**9:00-10:00**

**JPA Annex**

## Springdale Senior Center

Senior food give away

Friday, Jan. 10

8:00am-10:00am

Must bring ID

This is for any

Senior 60 and over.

Wanting to learn

Party Bridge or already know  
how to play.....

Join us each Wednesday  
at 12:30

If you partake in the  
produce giveaway  
think of a way to  
support your  
center...Eat lunch,  
attend exercise, drop  
a few \$\$\$ in jug on  
the desk.

In case of bad  
weather...Please  
watch the local news. If  
Springdale Schools are  
closed so are we!

Karaoke &  
Game Night  
Will resume in  
March  
Come listen or sing

Jewelry Making  
Thursday January 9  
All supplies  
are provided.  
Come try  
something new!

**Family Night SOUPer Bingo**

**Tuesday January 28**

**Doors open at 5:00pm**

**6:00pm Bingo**

**Soup is for SUPPER \$10.00 per Person**

**All 18 and over Welcome!**

**Must pre-purchase tickets from office.**



## **Bible Study with Charlie Foster**

**11:00 AM**

**Jan. 8 and 22**

**Everyone Welcome!**

## **TOPS**

(Taking Off Pounds Sensibly)  
invite you join them  
every Friday 9:00am  
in the JPA Annex.

Come join a FUN group  
who is all about encouraging  
each other!

**Casino Bound January 27**

**Leave at 8:30 Sharp**

Want to get active, be  
more flexible and  
improve your  
balance?



Try out any exercise  
class in the month of January  
for free and see what works for  
you!!! Not sure what class to try  
come 10 minutes before any  
class and talk with Cindy.  
See full Class schedule on page

**Casino Overnight  
Monday February 24**

**Leave at 12:00pm**

**\$50.00 per person  
(double occupancy)**

**\$15.00 free play**

**Dinner & Breakfast  
included. Must pay to  
save your seat!!!**



## Senior Center Taxi

**Our Senior Center Vans run from**

**Monday-Thursday 8:00 a.m. until 3:30 p.m. Friday-8:00am-1:00pm**



**Don't worry about the price of gasoline or where to park. Let us pick you up, take you where you want to go, and home again.**

If you are 60 years of age, or older, affordable transportation is available to you. Transportation on the Sr. Center van is available by calling **751-1521**.

We provide transportation to anywhere you want to go in Springdale and limited Fayetteville areas, assist you with your packages and escort you to your door. **The charge is a donation.** The suggested donation is \$4.00 per trip. Leave the driving to us!



# January Activities Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> 	<b>2</b> 9:30 a.m. Southern Gentlemen 12:30 p.m. Bingo 5:00 p.m. Game Night, Bingo & Jam	<b>3</b> 8:00 a.m. TOPS (JPA) 9:30 BIRTHDAY BASH 12:15 p.m. Baseball
<b>6</b> 10:00 a.m. Music 10:30 a.m. Bingo 12:30 CARD GAME	<b>7</b> 9:30 Bunko 12:15 Baseball	<b>8</b> 9:00 Line Dancing (JPA) 10:00am Gospel Sing 12:30pm CARD GAME	<b>9:30 a.m. Pool Tournament</b> 9:30 a.m. Southern Gentlemen 12:30 p.m. Bingo 5:00 p.m. Game Night, Bingo & Jam	<b>10</b> 8:00 a.m. TOPS (JPA) 9:30 Bunko 12:15 p.m. Baseball
<b>13</b> 10:00 a.m. Music 10:30 a.m. Bingo 12:30 CARD GAME	<b>14</b> 9:30 Bunko 12:15 p.m. Baseball 6:00 p.m. Old Time Fiddlers (JPA)	<b>15</b> 9:00 Line Dancing (JPA) 10:00 a.m. Gospel Sing 12:30 CARD GAME	<b>16</b> 9:30 a.m. Southern Gentlemen 12:30 p.m. Bingo 5:00 p.m. Game Night, Bingo & Jam	<b>17</b> 8:00 a.m. TOPS (JPA) 9:30 Bunko 12:15 p.m. Baseball
<b>20</b> 	<b>21</b> 9:30 Bunko 12:15 p.m. Baseball	<b>22</b> 9:00 Line Dancing (JPA) 10:00 a.m. Gospel Sing 12:30 CARD GAME	<b>23</b> 9:30 a.m. Southern Gentlemen 12:30 p.m. Bingo 5:00 p.m. Game Night, Bingo & Jam	<b>24</b> 8:00 a.m. TOPS (JPA) 9:30 Bunko 12:15 p.m. Baseball
<b>27</b> 10:00 a.m. Music 10:30 a.m. Bingo 12:30 CARD GAME	<b>28</b> 9:30 Bunko 12:15 p.m. Baseball	<b>29</b> 9:00 Line Dancing (JPA) 10:00 a.m. Gospel Sing 12:30 CARD GAME	<b>30</b> 9:30 a.m. Southern Gentlemen 12:30 p.m. Bingo 5:00 p.m. Game Night, Bingo & Jam	<b>31</b> 8:00 a.m. TOPS (JPA) 9:30 Bunko 12:15 p.m. Baseball





# January Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>CLOSED</b>	2 Hamburger Steak Smashed Taters California Veggies Bread & Dessert	3 Deli Sandwich Tater Salad Chips Fruit Bread & Dessert
6 Chicken Spaghetti Italian Veggies Spiced Applesauce Bread, Dessert	7 Beef Tips Rice Broccoli Bread, Dessert	8 Chicken Tenders Smashed Taters Green Beans Bread, Dessert	9 Brisket Hashbrown Casserole Corn Bread & Dessert	10 Cheeseburger Baked Beans Fries Dessert
13 Sloppy Joes Fries Onion Rinbgs Dessert	14 Mexican Chicken Seasoned Pintos Corn Nuggets Bread, Dessert	15 Baked Tater Chili Broccoli Dessert	16 Beef Stew Veggie Medley Fruit Bread, Dessert	17 Hot Turkey Sandwich Smashed Taters Peas Dessert
20 <b>CLOSED</b>	21 Tater Tot Casserole Mixed Veggies Fruit & Cottage Cheese Bread, Dessert	22 Smoked Sausage Mac & Cheese Carrots Bread, Dessert	23 Spaghetti Italian Veggies Spiced Apples Bread, Dessert	24 Peasant Soup Batter Bites Bread, Dessert
27 Chicken Parmesan Noodles Tuscan Veggies Bread, Dessert	28 Goulash Broccoli Fruit & Cottage Cheese Bread, Dessert	29 Meatloaf Parslied Taters Peas & Carrots Bread, Dessert	30 Ham & Beans Batter Bites Stewed Tomatoes Bread, Dessert	31 Chili Dog Tater Tots Onion Rings Dessert

# Springdale Senior Center

Lunch & Movie with  
Lori & Rhonda

Wed. Jan. 8 leave at 10:45

Sign up at office.

Join us for BUNKO fun!

Every Tuesday &  
2nd, 3rd & 4th Friday  
9:30am

It's the dice game  
ANYONE can play!

Painting ...  
with Marie.

Every Friday  
10:00 a.m.



All supplies provided.

Space is limited.

Birthday Bash



Friday Jan. 3

9:30 a.m. Music by

Sunset Trio

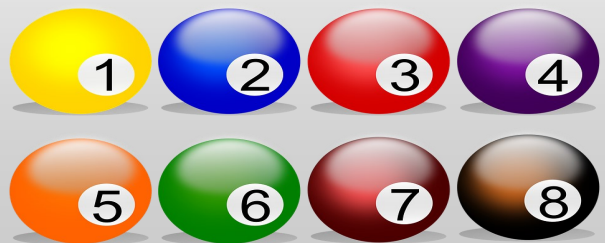
11:00 Birthday Cake  
and Bingo

(must eat lunch to play)

Pool Tournament

8:00 a.m. Thurs.

Jan. 9



Thursday Night Jammin Jam

First and third Thursday Bring Finger Food other  
Thursdays Hotdogs 5:30pm Bingo 6:00pm Jammin  
Jam come sing or play an instrument.

# Springdale Senior Center

## Computer Class

**Tuesdays**

**9:00-10:00**



**Basic Computer Skills,**

**Facebook & Emails**

**Sign up with  
Lori to attend!**

Winter Fest Fiddlers

Saturday January 25

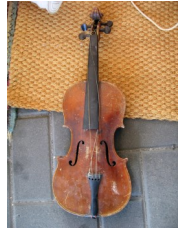
9:00am Breakfast

Music & Snacks all day

5:00pm Potluck

Come fellowship and listen to  
some great music!

Come anytime that day!!!



# Springdale Senior Center

## Springdale Senior Center Council

Jean Griesing  
Gene George

Linda Williams  
Bill Drake

WC Grimes  
Diana Osborn

Lonnie McClure  
DeeAnn McClure  
Patty Lewis  
Linden Lewis

Ron Mueller  
Ginger Mueller

Evelyn Provost  
Winnie Paul  
Cherie Ressler

Louise Lorenz

Springdale Senior Activity Center

Average Congregate Meal Cost: \$5.51

Average Meals on Wheels Cost: \$6.15

Transportation One Way Trip Cost: \$11.85

All client information is kept

**CONFIDENTIAL.**

### WHAT WE DO...

Springdale Senior Center is a place that serves a nutritious lunch to more than 300 seniors daily. Meals on Wheels operates out of our Senior Center and we provide transportation to Seniors. The center is a place for active seniors wanting to meet other seniors, volunteer opportunities, go on trips, socialize, use the computer, listen to music, play games, dance, & dinner outings. The opportunities are endless. So, what are you waiting for?

### Chuckle Corner



### ATTENTION CLUBS!!!

The Springdale Senior Activity Center is actively seeking Bridge, Bunco, Mahjong players, support groups, or other clubs to meet in our beautiful facility. We are located at  
203 Park St. Springdale, AR 72764

**Springdale Senior Center**  
is pleased to receive  
program funding from:

Schmieding  
Foundation



Before you speak, let your words  
pass through these 3 gates...

Is it true? Is it necessary?  
Is it kind?